

ABSTRACT OF THE DISCLOSURE

A hologram recording apparatus, a hologram recording method and a hologram recording medium reduce noise components generated by a phase modulation type spatial light modulator, thus permitting improved integrity of data to be achieved. A light beam whose diffraction state has been controlled by a diffraction control element is condensed on a hologram recording medium. With this arrangement, a predetermined diffracted light component is removed from a diffracted light beam emergent from the diffraction control element when recording information, which is based on the diffraction state controlled by the diffraction control element, in a hologram recording medium. Thus, noise components when information is recorded can be reduced.